

Eleanor Roaf
Director of Public Health
Trafford Council
Trafford Town Hall
Talbot Road, Stretford
Manchester, M32 0TH

05 December 2022

Dear Parent or Carer

Supporting Trafford to stay safe from flu, getting your child vaccinated


Vaccination is the most important thing we can do to protect ourselves and our children against disease. We can only vaccinate your child with your consent, and we would really like to encourage those families who have not consented to their child to be vaccinated to consider giving their permission.

Many people are likely to be unwell with flu this winter. Flu is a viral infection and can potentially cause serious disease. It affects the lungs and airways. Symptoms appear quickly and can include headache, fever, cough, sore throat and aching muscles and joints. In children, vomiting, diarrhoea, and abdominal pain may also occur. For some people having the flu can be very serious, resulting in a stay in hospital. To help prevent this, children and young people aged between 2-13 years old can have the flu vaccine for free. The vaccine is safe, offers protection to your child and reduces the risk of spreading this virus to your wider household and community. It therefore helps protect very young children, and older people who are at increased risk of serious illness.

The flu vaccine is given every year because the flu virus may change, so the vaccine changes to match this. Most children can have the nasal spray vaccine; and although it contains porcine gelatine it has been approved for use by the British Fatwa Council and has also been accepted as kosher. If you would prefer, however, non-porcine flu vaccine is available to children on request. This vaccination is an injection given in the arm.

If your child has not had the vaccine and you would like them to, or you would like to talk to someone about the vaccination, please call **Intrahealth on 0333 3583 397**. You can also find information about the child flu vaccine at nhs.uk/conditions/vaccinations/child-flu-vaccine

Yours faithfully,



Eleanor Roaf
Director of Public Health
Trafford Council



Manish Prasad
Deputy Medical Director
NHS Greater Manchester Integrated Care

About vaccines

Vaccinations:

- protect you and your child from many serious and potentially deadly diseases
- protect other people in your community – by helping to stop diseases spreading to people who cannot have vaccines
- undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced
- sometimes cause mild side effects that will not last long – some children may feel a bit unwell and have a sore arm for 2 or 3 days
- greatly reduce the risk of some diseases occurring at all– if enough people are vaccinated
- it's safe to give children several vaccines at a time and this reduces the amount of injections they need
- all the evidence tells us that vaccinating is safer than not vaccinating
- modern vaccine do not contain mercury (thiomersal)

For further information please visit:

- 5 reasons to vaccinate your child against flu – for those in primary school & pre-school:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1087835/UKHSA-12388-protecting-your-child-against-flu-2022-2023.pdf
- 5 reasons to vaccinate your child against flu – for those in secondary school:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1099637/UKHSA-12388-protect-yourself-against-flu_information-for-those-in-secondary-school.pdf
- British Fatwa Council approval of flu vaccine: britishfatwacouncil.org/fatwa-on-flu-vaccine-containing-porcine-gelatine